
WORKSHEET 10-1

WHAT TRIPPED YOU UP?

INTERVIEW your partner about the last time he returned to using.

ASK questions to get an understanding of what was going on at the time.

What was it that made you want to use again?

What did you expect from using?

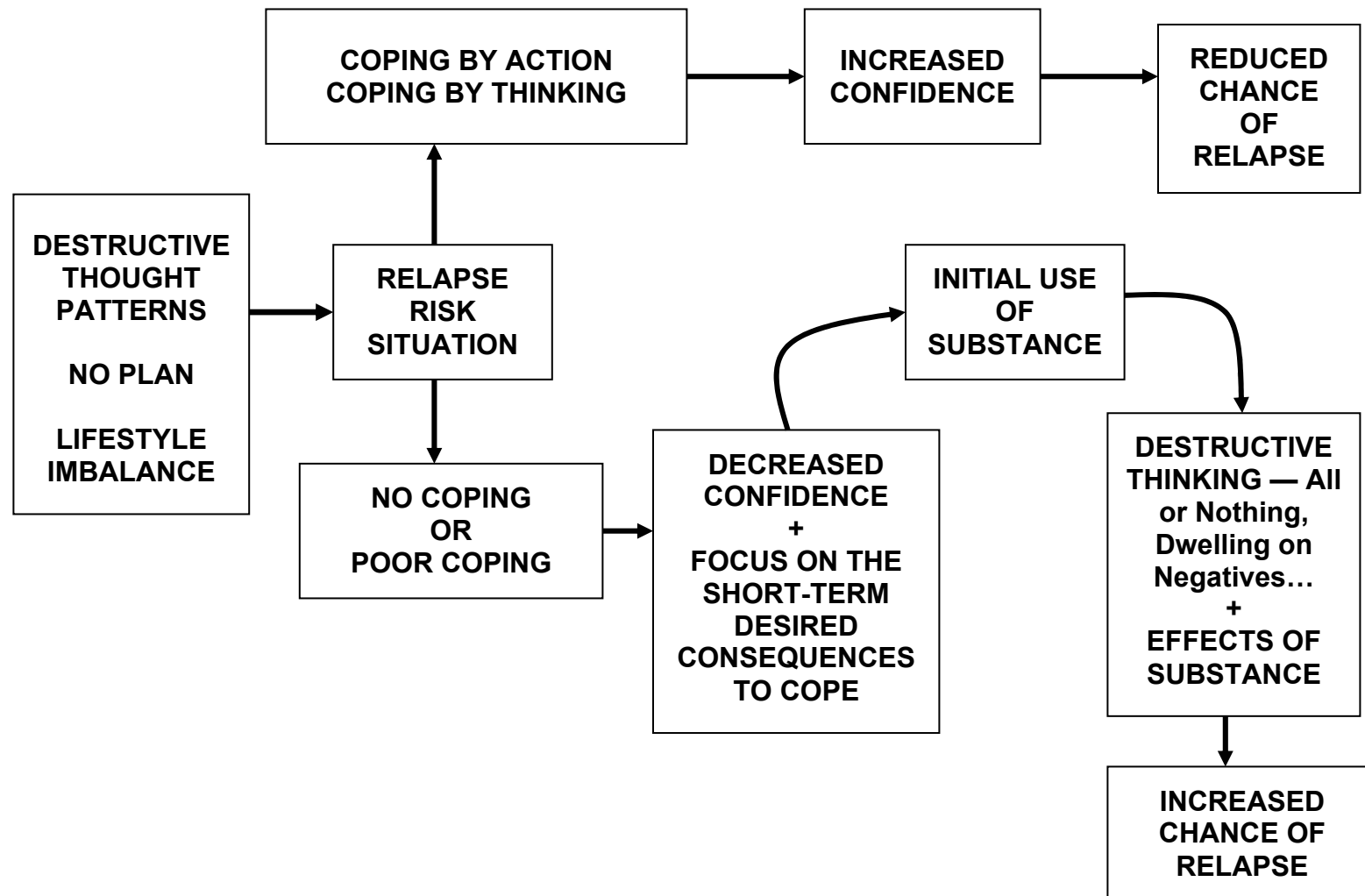
What did you actually get?

Based on your questions, map out his T-A-C.

Trigger	Action	Consequences	
		+	-

HANDOUT 10-2

MARLATT'S RELAPSE PREVENTION CHART



HANDOUT 10-3

AL'S RELAPSE

Al Dente considered himself a party animal. He was proud that he could drink longer and harder than most of his friends. But then he was picked up on a DUI. He was placed on probation and told not to drink. He found it hard to not drink especially when he was with his friends. He thought that his friends treated him differently now that he wasn't drinking anymore.

He was also having problems with his girlfriend. She was on his case because she said he just moped about his house all the time. Things just weren't the same — he didn't seem to know what to do now that he couldn't party.

One night, after yet another fight with his girlfriend, he was just walking around, with no particular destination in mind. He was feeling sorry for himself — he was angry with his girlfriend and angry that the whole world seemed to be pissing on him.

Suddenly, he realized that he was just a few blocks from one of his favorite bars. He began thinking about the good times he had there with his buddies. Maybe he would just drop in to see what was happening. It would be good to see the old crowd again. He'd just go in, say hi. Maybe have a pop — that's all.

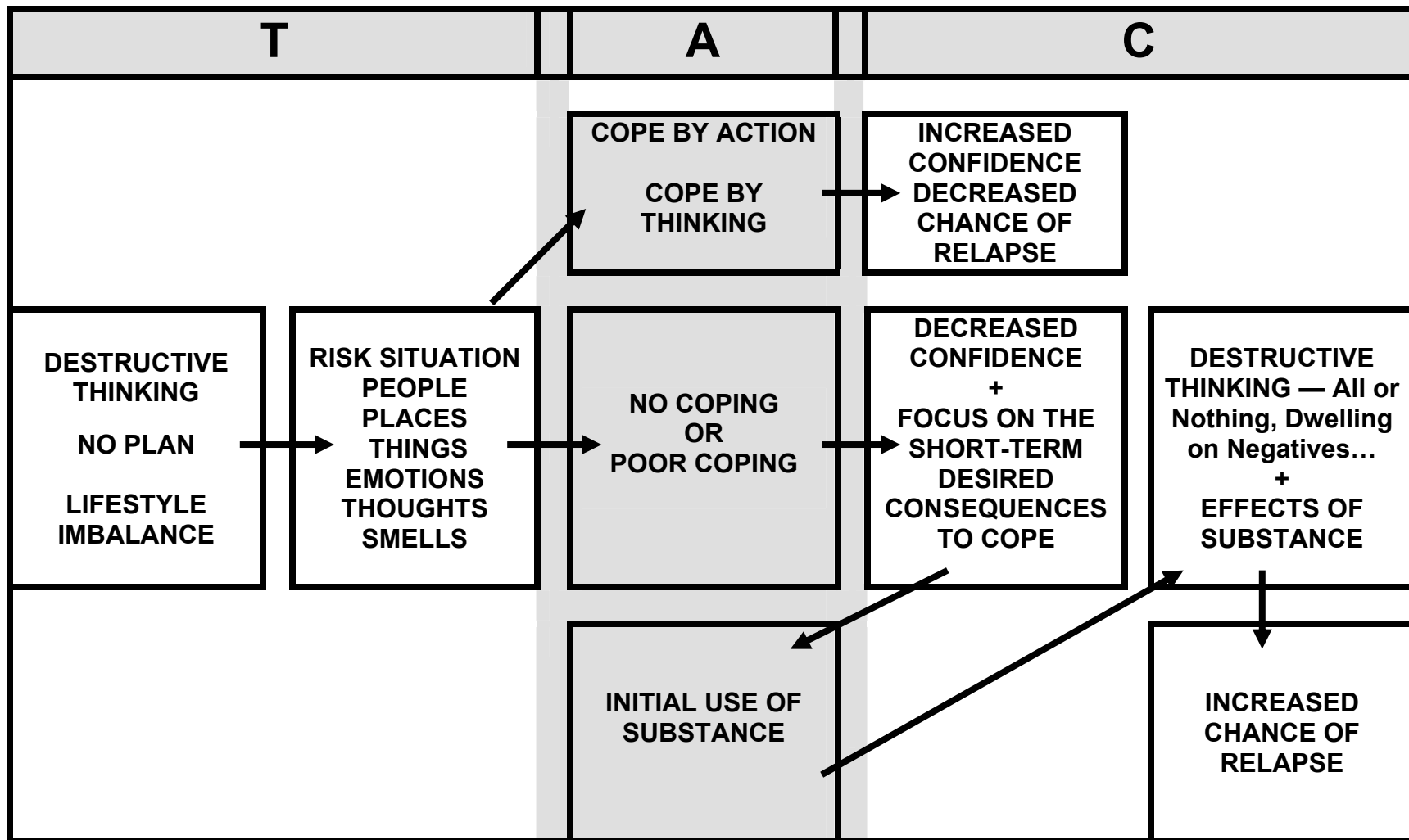
When he entered the bar, that old familiar smell hit him. The music was playing, people were talking and laughing, and it seemed so familiar — so cozy and friendly. He saw some people he knew, and they waved for him to join them. He sat down with them and they seemed really happy to see him. When the waitress came by, the others ordered a beer for him. But then Al said, "no, wait," thinking that he'd tell the waitress to bring him a pop instead. But as the waitress paused, and the others at the table stopped talking to see what Al was going to say, he just felt all panicky. So, Al realized he had to say something and blurted out "no, bring me two beer." The others at the table laughed and said "Alright big Al."

As he waited for the waitress to bring the drinks, he was thinking he should leave, or tell his friends he's not supposed to drink, or tell the waitress to bring him a pop instead. But as he sat there, he thought how good it would feel to have a few drinks. Besides, he was here with his friends, and for the first time in a while, he felt good about himself. So he thought "what the hell, I deserve it." "It's just tonight — who cares anyway?"

Al drank his two beer and kept on going. He thought "what the hell, I might as well make it a good one," and he did.

HANDOUT 10-4

MARLATT'S RELAPSE PREVENTION CHART AND THE T-A-C



WORKSHEET 10-5

AL'S RELAPSE

T		A		C	
What led up to Al's Risk Situation? <ul style="list-style-type: none"> • Destructive thinking • No plan • Lifestyle Imbalance 	Risk Situation People, places, things, emotions, thoughts, smells	Do or Think	Desired Consequence (hope to get/avoid) +	Negative Consequence -	
	What tripped him up?		What did he do?	Why did Al do it?	What did he get?
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">↓</div> <div style="text-align: center;">↓</div> <div style="text-align: center;">↓</div> <div style="text-align: center;">↓</div> </div> What could Al have done differently?					
What could Al have done about this?	What could Al have done about this?	What could Al have done about this?	What could Al have done about this?	What could Al have done about this?	What could Al have done about this?
What could Al have thought differently about this?	What could Al have thought differently about this?	What could Al have thought differently about this?	What could Al have thought differently about this?	What could Al have thought differently about this?	What could Al have thought differently about this?

WORKSHEET 10-6

MAPPING MY RELAPSES

	T		A		C	
	What led up to Risk Situation? • Destructive thinking • No plan • Lifestyle Imbalance	Risk Situation People, places, things, emotions, thoughts, smells		Do or Think	Desired Consequence (hope to get/avoid) +	Negative Consequence -
PAST						
	↓	↓		↓	↓	↓
	Do differently	Do differently		Do differently	Do differently	Do differently
FUTURE						
	Think differently	Think differently		Think differently	Think differently	Think differently

HANDOUT 10-7

SLIP OR QUIT?

GROUP 1:

It is the Olympics. In the 100-meter hurdle race, one athlete stumbles over one of the hurdles in the race. He immediately stops and storms off the track.

What was he probably saying to himself when he stumbled?

Is he likely to reach his goal? Yes ___ No ___

GROUP 2:

It is the Olympics. In the 100-meter hurdle race, one athlete stumbles over one of the hurdles in the race. He regains his momentum and keeps running to the finish line.

What was he probably saying to himself when he stumbled?

Is he likely to reach his goal? Yes ___ No ___

GROUP 3:

A mountain climber has taken every precaution to safely climb a mountain. But as he is almost at the top, he loses his footing and slips down the slope. So he picks himself up and hurls himself over the cliff to the bottom of the mountain.

What was he probably saying to himself when he slipped?

Is he likely to reach his goal? Yes ___ No ___

GROUP 4:

A mountain climber has taken every precaution to safely climb a mountain. But as he is almost at the top, he loses his footing and slips down the slope. He picks himself up, dusts himself off, checks his equipment, and proceeds to climb back up the slope.

What was he probably saying to himself when he slipped?

Is he likely to reach his goal? Yes ___ No ___

HANDOUT 10-8

STEPS TO PREVENTING A RELAPSE

- 1.** The first thing to do is STOP! The worst thing is to do nothing — doing anything is better than doing nothing. Get yourself out of the situation NOW!
- 2.** Examine your thinking. Are you magnifying the problem? Are you jumping to conclusions or dwelling on the negatives? Stop and think — what are your goals? What are the advantages and disadvantages of allowing this slip to become a total relapse? It is not the end of the world — stop and get back on track!
- 3.** Talk to someone, now!
- 4.** Once you've stopped:
 - Congratulate yourself for stopping.
 - Examine what happened. Where are you on Marlatt's Relapse Prevention Chart? What led up to this? What can you learn from this to ensure it doesn't happen again?
 - Refine your relapse plans.